

FAQs

HOW DO I GET ON THE BUS PICK UP LIST?

Bus pick up to and from the Sr Rec Center is available M-W-F for Wylie Residents.

Just see the front desk staff at the Sr Rec Center to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

WHAT IS A STORE TRIP?

Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

WHAT IF I HAVE TO CANCEL A TRIP?

Cancellation must be made 24 hours prior to the scheduled start time. Notify a Sr Rec Center staff person. Refer to p.36 of the Activity Menu for more information on Sr Rec Center Refunds.

SENIOR REC CENER TEMPORARY LOCATION @

Waterbrook Bible Church

507 Thomas Street, Wylie

MONDAY - FRIDAY

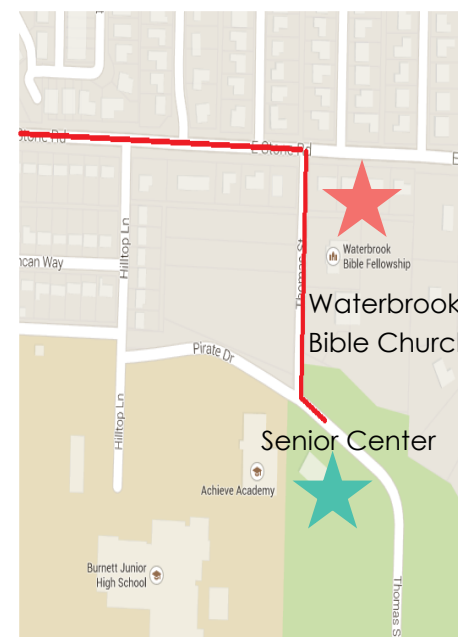
9 am - 2 pm

THURSDAY

Only open for field trips

Saturday

9 am - 12 pm



Sr Rec Center ID

Sr Rec Center IDs are available at no charge for ages 55 + at the Senior Recreation Center. Gain access to Open Play activities. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

October 2016

Sr Rec Center

800 THOMAS - 100 | 972-442-8119 | Recreation@WylieTexas.gov

SPECIAL EVENTS

Coffee Talk

Talk over your recreation ideas, wants, and needs with peers. Lending your voice created programs like YANA (You are Not Alone), Gold Card events, and new trips. Gain inside information on upcoming events and influence programming. Share ideas, brainstorm, and ask questions. You provide the input, and we provide the snacks.

Waterbrook Bible Church

Ages: 55 Yrs +

W	10/5	12:30 - 1:30 PM	FREE	6682
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Celebration Luncheon

Happy birthday to you, and you, and you! Give and get celebratory wishes during this long-standing Wylie tradition. Fill your belly with a hot, hearty, and free meal with friends, and take home the latest program information. Eat, talk, laugh, and stick around for an afternoon of games and door prizes. Register by Monday prior to event.

Waterbrook Bible Church

Ages: 55 Yrs +

Home-Cooked Meal

F	10/21	11:30 AM - 1 PM	FREE	6779
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Dinner Double Feature

Sit back, relax, and enjoy the show! Watch a double feature on the big screen. Movie selections include favorite flicks from the past and present-day remakes. Dinner and dessert served throughout the show for a hassle-free meal and moviegoing experience.

Waterbrook Bible Church

Ages: 55 Yrs +

Fright Night

Sa	10/15	4 - 8:30 PM	\$5	6789
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October 2016

SPECIAL EVENTS [CONTINUED]

Fall Festival

Celebrate autumn in Community Park with friends, food, and fun. Spend the morning playing giant Jenga, tossing horseshoes, sharing smiles and laughs, and carving pumpkins. Enter the pie-baking contest, taste and judge pie entries, and gather for a complimentary barbecue cookout.

Waterbrook Bible Church

Ages: 55 Yrs +
F 10/7 10 AM - 1 PM FREE 6931

The Reelers

Calling all movie buffs! Meet with fellow movie lovers to enjoy a mix of comedy and drama, cult classics, modern-day masterpieces, and black and white favorites. Grab a bag of complimentary popcorn while you watch, and break for a slice of pizza at lunch.

Waterbrook Bible Church

Ages: 55 Yrs +
The War & G.I. Blues
Tu 10/4 10 AM - 2 PM FREE 6733

Queen of Katwe

Tu 10/18 10:30 AM - 2:30 PM \$5 6734
Meet at Waterbrook and we will be seeing a movie at Firewheel Mall.

Texas Hold ‘Em

Time to practice your poker face! Try your luck with the house dealer and learn when to bet, raise, call, or fold with this popular card game. Place friendly wagers, antes, and double downs for bragging rights.

Waterbrook Bible Church

Ages: 55 Yrs +
Instructor: Kruse, Matthew
M 10 AM - 12 PM FREE 6399

Store Trip

You do the shopping while we do the driving! Every other Tuesday the bus will pick you up and take you around to run your errands. Typical stops include Walmart, Dollar Tree and the bank. Bring money for lunch and shopping.

Ages: 55 Yrs +
Tu 10/11 10 AM - 2 PM FREE 6722
Tu 10/25 10 AM - 2 PM FREE 6723

SENIOR SERVICES

MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Sr Center. Call or sign up with Sr Rec Center staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals! See Sr Rec Center front desk staff for registration forms and monthly menu.

Wylie Rec Center

Ages: 60 Yrs +

WISD Gold Card Program

Join the Wylie Independent School District’s Gold Card program and get admitted free of charge to Wylie ISD home athletic events and reduced ticket prices for most activities sponsored by the school district! Senior Rec Center bus will be providing transportation to select events throughout the year.

See Sr Rec Center front desk staff for registration forms.

Wylie Rec Center

Ages: 65 Yrs +

North Central Texas Area Agency on Aging

The Area Agency on Aging has a new way to help you with health care, drug, food and utility costs. Staff at the Benefits Enrollment Center can submit applications for you if you meet the requirements for one or more of the following programs.

- Medicare Savings Programs (MSPs)
- Medicare Part D Extra Help (EH)
- SNAP food assistance
- LIHEAP/CEAP utility assistance
- SSI/Medicaid
- Programs for prescription help, tax relief or respite care

You may qualify if you have limited income and you are on Medicare or have a disability.

There is no cost to apply. Call at 1-800-272-3921, ext. 7364 or 7687, or email at benefits@nctcog.org.

COMING UP

Hand & Foot Tournament

Try your hand at a social card game designed for maximum fun. Participants play the hand first and then the foot with a partner until all cards are down. Compete with other players until the game ends and see who has the highest point totals.

Senior Recreation Center

Ages: 55 Yrs +
Tu 11/15 9 AM - 2:30 PM No Charge 6892

Fredericksburg Getaway

Visit the town where German pioneers settled over 160 years ago! Pack your bags as we drive you to the heart of the Texas Hill Country. Explore LBJ Ranch, enjoy an authentic German meal, and taste the local wine while socializing with friends. Bring money for three lunches and two dinners.

Ages: 55 Yrs +
Sa-M 12/10 - 12/12
\$329 6935 Single Occupancy
\$195 6936 Double Occupancy, Per Person

TRIPS LET'S GO!

Senior Chow Critics

Everyone's a critic! Hunt for the best burger, perfect pepperoni pizza, and excellent egg fooyung around while exploring local metro eateries both new and well-established. This great social outing for fellow foodies and friends leaves you stuffed and satisfied. Bring money for lunch and a dessert stop. Dessert at Yogurt Cup.

Ages: 55 Yrs +
Country Club Cafe
Th 10/6 11 AM - 2 PM FREE 6701

State Fair of Texas

Big Tex is back! Discover culinary delights, creative arts, livestock, and other exciting features at the State Fair of Texas. View the Texas Star Ferris Wheel, the largest in North America. Spend the day on your own or walk with staff to each amusement, event, and show. Bring money for lunch.

Ages: 55 Yrs +
Th 10/13 8:30 AM - 4:30 PM 55-59 Yrs: \$19 60 Yrs+: \$10

British Flying Museum

Visit the first and largest World War II flying school, located in Terrell, Texas. Stand where more than 2,000 Royal Air Force and American Army Air Force pilots earned their wings between 1941 and 1945. The museum's collection includes logbooks, training materials, memorabilia, and uniforms. Bring money for lunch.

Ages: 55 Yrs +
Th 10/20 10:30 AM - 3:30 PM \$5 6846

Dallas Arboretum

Watch the Dallas Arboretum transform into a beautiful fall harvest! Take the trolley around the gardens or walk around at your own pace. The grounds boast 150,000 blooming fall flowers and foliage plantings plus more than 50,000 pumpkins, squash, and gourds. Bring money for lunch.

Ages: 55 Yrs +
Th 10/27 9 AM - 2:30 PM \$12 6847

Jefferson Overnight Trip

Take a ride with us to the bayou! Let yourself be whisked away to a land not far away, as you glide peacefully along an open-air riverboat where Jefferson's colorful past comes alive. Spend the weekend visiting a *Gone with the Wind* museum, riding the Runaway Fright train, and cruising down Caddo Lake in a pontoon boat. Bring money for two lunches and one dinner.

Ages: 55 Yrs +
Sa-Su 10/22 - 10/23
\$145 6855 Single Occupancy
\$85 6856 Double Occupancy, Per Person

QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR RECREATION
CENTER STAFF,
RECREATION@WYLIENTEXAS.GOV
OR 972-442-8119
REGISTER PER PERSON, BRING AT
LEAST \$12 FOR LUNCH.

THE ARTS

Basic Floral Design

Learn the ins and outs of floral design from a professional florist. Go through the process of floral design by learning basic design elements and principles while creating a beautiful project to take home. Put together various types of floral arrangements from corsages to round arrangements while meeting new friends.

Waterbrook Bible Church
Ages: 55 Yrs +
Instructor: Phillippi, Kate

Tu	10/4	10:00 - 11:00 AM	\$3	6774
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Creative Confections

Treat yourself to the sweetest projects! Join in for a yummy and simple spin on cakes, candies, and cookies, and discover a world of confectionery delight. Use items found in most home kitchens to transform ordinary sweets and treats into edible treasures. Baking supplies and ingredients provided.

Waterbrook Bible Church
Ages: 55 Yrs +
Instructor: Cortez, Amy

Creepy Donuts

M	10/24	12:30 - 2 PM	FREE	6689
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Wreath Making

NEW!
Time to decorate your door! Make spirited creations with friends and get into the holiday spirit. Create a beautiful holiday wreath using a variety of textures, ribbon, and decor. Learn how to select and place stems and color for a balanced yet whimsical look.

Waterbrook Bible Church
Ages: 55 Yrs +
Instructor: Lupe Kuharsky

Thanksgiving

Tu	10/25	1 - 2 PM	\$3	6895
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Crochet

Chain, slip stitch, and double crochet your next craft project. Learn the basic steps of crochet while experimenting with a variety of color schemes and textures. Take home a great handmade project or gift plus the skills to make many more.

Waterbrook Bible Church
Ages: 55 Yrs +
Instructor: Stone, Michelle

M	10/17	1:00 - 2:00 PM	FREE	6785
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Senior Craft Corner

Get crafty! Create one-of-a-kind treasures to keep or share with your friends and family. Quick and easy projects include something for everyone. Learn a new crafting skill or show off an old one in a friendly environment with fellow crafters. All supplies provided.

Waterbrook Bible Church
Ages: 55 Yrs +
Instructor: Hollien, Jennifer

Glowing Pumpkins

W	10/19	12:30 - 1:30 PM	FREE	6707
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Chair Yoga

Relax and rejuvenate while improving balance and mobility. Get Fit Where You Sit, DVD video series focuses on physical and mental fitness with the aid of a chair. Step-by-step instruction combines low impact cardio, resistance training, and stretching with mind-body techniques that promote active mindfulness and meditation.

Waterbrook Bible Church
Ages: 55 Yrs +

Sat	10/1 - 10/29	10 - 11 AM	FREE	6677
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Senior Wellness Series

Keep up to date about general health, wellness, and safety topics that affect you or a loved one. Presentations include informative sessions, resources for further study, and question and answer opportunities. Door prizes and take home information included for all attendees.

Waterbrook Bible Church
Ages: 55 Yrs +
Instructor: Krause, Matt

Cold and Allergies

W	10/12	10 - 11 AM	FREE	6718
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AWESOME EXPERTS

JOYCE MCGAUGHEY teaches fitness classes at the Senior Recreation Center. She is a senior herself and has been volunteering her time since 2011 to make this program the success it is. Her class has grown exponentially since its early days due to her motivation and determination to help her peers be fit and live a healthy life.

SHERRY PANNELL has been attending Latin Aerobics classes since January 2010. By 2012, the Zumba phenomenon caught fire and she became hooked. In 2013, Sherry received her Zumba Basic and Zumba Gold certifications. A senior herself, Sherry is excited to share her love for Zumba with other seniors.

AMY CORTEZ offers Creative Confections. Amy's love for baking comes from her grandmother. Growing up she was given a night to cook, and when given that night she always chose to just bake. Her favorite things to bake include cupcakes and cakes. She loves decorating her creations and sharing with others.

CINDY RISTEEN teaches Chair Yoga. She has been part of the Senior Rec team since 2013 and firmly believes that maintaining a strong core is important to senior health. With the help of a DVD guided chair yoga program, Cindy leads and aids participants to improve their physical and mental health.

Wylie Rec Center

Stay healthy and fit in a safe, clean and accessible environment! Wylie Recreation Center offers your choice of fitness equipment, a 1/10 of a mile indoor walking track, strength equipment, and more! Watch your local news or favorite shows while you work out.

Location: 300 Country Club, Building 200

Rec Pass - Adult ages 55+

Annual: \$135; \$105 with Wylie Resident discount applied

1 Month: \$14; \$10 with Wylie Resident discount applied

HEALTH & FITNESS

Group Exercise

Participate in a fit and fun low-impact workout. This unique curriculum accommodates the needs of people that have trouble standing on the floor to exercise. The combination of resistance bands, arm weights, and chair exercise keep you engaged and feeling great.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: McGaughey, Joyce

M W F	10/5 - 10/31	9:30 - 10:30 AM	FREE	6697
NO CLASS 10/3, 10/7, & 10/21				

Third Monday Book Bunch

Social networking and a good book. No batteries required! Immerse yourself into a good story with friends. Discuss thrilling tales, mysterious manuscripts, and inspiring adventures. Books selected a month in advance by the group and based on group discussion and interest.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Shirley, Donna

M	10/17	12 - 1 PM	FREE	6744
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Woodworking

Grab a hammer and some nails for this hands-on experience! Unleash your creative potential while learning how to transform wood into beautiful and practical products to take home. Learn basic techniques and hone your skills. Each month features a new project. All supplies provided.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Kruse, Matthew

F	10/7 - 10/28	1 - 2 PM	FREE	6804
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Gardening

Embrace your green thumb! Learn and share gardening tips while socializing with friends and getting some fresh air. Grow your very own fruits and vegetables alongside a skilled instructor. Gain valuable plant care tips. We provide the seeds, tools, and soil.

Waterbrook Bible Church

Ages: 55 Yrs +

Instructor: Philippi, Kate

W	10/5 - 10/26	9 - 9:30 AM	FREE	6792
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AWESOME EXPERTS

DONNA SHIRLEY, with the Smith Public Library heads up the Third Monday Book Bunch. She has been with the Smith Public Library since 2003. Donna earned her BA in Liberal Studies at Oklahoma Christian University and received her Master's of Library Science from Oklahoma University. While she enjoys reading nonfiction and across the genres, she is especially fond of reading British mysteries and horror.


MATT KRUSE offers woodworking instruction and Senior Wellness Series. Since joining the Senior Recreation Center staff in 2013, he has become the go-to handyman. Matt is an experienced woodcrafter and can build anything from cabinetry to decorative figurines. Matt is also a first responder and volunteers for Nevada and Lucas fire departments.

JENNIFER HOLLIEN offers craft instruction. As a mother, Jennifer enjoyed crafting with her children's vacation bible school and family birthday parties. She has helped the Senior Rec Center with holiday craft projects and decorating for parties and luncheons for many years. Jennifer is looking forward to helping others expand their creative expressions through Senior Craft Corner projects.

KATE PHILIPPI teaches Basic Floral Design and Gardening. Kate started in the floral industry in 1973. She studied floral design and earned her Florist Transworld Delivery master design certification. She has owned four flower shops in Tulsa, Oklahoma and taught floral design at the Tulsa Technology Center for 12 years.

October 2016

800 Thomas Street - 100
972-442-8119
RECREATION@WYLIENTEXAS.GOV

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 10:00 AM Chair Yoga
2	3 10:00 AM Texas Hold 'Em	4 10:00 AM Reelers 10:00 AM Basic Floral Design	5 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Coffee Talk	6 11:00 AM Senior Chow Critics	7 10:00 AM Fall Festival 12:30 PM Bingo 1:00 PM Woodworking	8 10:00 AM Chair Yoga
9	10 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em	11 9:00 AM Store Trip	12 9:00 AM Gardening 9:30 AM Group Exercise 10:00 AM Senior Wellness Series 12:30 PM Library Trip	13 8:30 AM State Fair of Texas	14 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	15 10:00 AM Chair Yoga 4:00 PM Dinner Double Feature
16	17 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:00 PM Third Monday Book Bunch 1:00 PM Crochet	18 10:00 AM Reelers	19 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Senior Craft Corner	20 10:30 AM British Flying Museum	21 11:30 AM Celebration Luncheon 12:30 PM Bingo 1:00 PM Woodworking	22 8:30 AM Jefferson Overnight Trip 10:00 AM Chair Yoga
23	24 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em 12:30 Creative Confections	25 9:00 AM Store Trip 1:00 PM Wreath Making	26 9:00 AM Gardening 9:30 AM Group Exercise 12:30 PM Library Trip	27 10:30 AM Dallas Arboretum	28 9:30 AM Group Exercise 12:30 PM Bingo 1:00 PM Woodworking	29 10:00 AM Chair Yoga
30	31 9:30 AM Group Exercise 10:00 AM Texas Hold 'Em					

Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fees are non-refundable if registration is withdrawn. A City of Wylie registration form must be on file prior to participation.